

## Interview med Hans Ole

**U: Ulloriaq Lennert**

**H: Hans Ole**

*Interview Start*

**U:** Can you begin by introducing yourself?

**H:** My name is Hans Ole Dalager. I'm retired. I'm 69 years old. I'm a hunter/fisherman in the summer, when I gather supplies for the winter. Right now, I'm just resting because it's cold, and I usually collect enough to last the whole winter.

**U:** Do you live alone?

**H:** Yes, I live alone. I moved in here in 2006. I used to live in Tuapannguit, in the apartment blocks, and moved here to Nuussuaq when they were to be renovated.

**U:** How many rooms does your apartment have?

**H:** It's a two-room apartment.

**U:** Where are you originally from?

**H:** I've moved around. I was born in Qeqertarsuaq and grew up in Qasigiannnguit. Then I went to maritime school—I'm a first-class fishing skipper. After that, I sailed along the entire coast and lived in Sisimiut for about three years. Then I moved here to Nuuk in 1984.

**U:** Sounds like you have a boat?

**H:** Yes, I have a dinghy.

**U:** What do you use your home for, and what's important to you in a home?

**H:** I was homeless for about 10 years, so I'm just happy to have a home. I moved in here in 2003, so it's been many years since I didn't have my own place.

**U:** What's important to you regarding your home?

**H:** Just to have a place to live where I can relax. In 1992, I had a major work injury, which forced me to retire. I had worked as a skipper on trawlers.

**U:** You were born in Qeqertarsuaq and grew up in Qasigiannnguit. What was that like?

**H:** My father was a fisherman and used to take us out fishing. So we traveled quite a lot. From when I was six months old, we went down to Narsaq to fish for shrimp and returned when the ice cleared.

**U:** Since your father went out fishing a lot, who took care of you?

**H:** Our mother. When we were young, there weren't really any kindergartens. It wasn't until the 60s, when fish factories came, that kindergartens were established—because women then had to work. My generation and all those before us were taken care of by our mothers.

**U:** How is society today compared to back then?

**H:** You can really feel a big difference from when I was a child and young. The same strong sense of community doesn't exist today. There's a big difference.

**U:** What do you think is the cause?

**H:** It's probably due to how our country has developed. There have been major

political changes, first with Home Rule, then with Self-Government. Now more changes are happening. I suppose it's just a natural development.

**U:** In your view, what are the biggest differences between your childhood/youth and today?

**H:** The way we were raised—I'm very thankful for that. I learned so much about fishing and hunting. It's made things much easier for me later in life. Considering I had a work injury and couldn't work as a fishing skipper anymore, if I didn't have those skills in fishing and hunting, it probably would have been really tough for me.

**U:** How has it been for you to always prepare for winter and spend so much time in nature and sailing?

**H:** Since I was disabled by my work injury, I've always gone out during the summer to prepare for winter. I've been doing that for about 15 years. I gather supplies, sail around until winter comes, and then I rest. I start by fishing for cod and drying them. When the salmon quota opens, I go out and fish for salmon. And when hunting season opens, I go hunting. It's very important to be able to provide for myself, especially since I'm an early retiree.

**U:** How is it with storage space for everything you gather during the summer? Do you have enough space?

**H:** I have four chest freezers in my home—they always get filled. I also always fill up my sibling's freezer. Yes, sometimes space can be tight because I have so many freezers.

**U:** What about when you need to process your catch?

**H:** When processing catch, it's usually easiest to do it in a utility room where you can easily wash things off, but my utility room is very small, so there's no space. I do it in the kitchen. It would be nice to have something that provides more space for this. A place where you can process catch with easy access to washing. We're used to bringing the catch into the living room and working on it there, so it would be great to have space dedicated to that.

**U:** When we look at our culture and traditions, do you think the way we live today reflects that?

**H:** It depends on how you want to live. Can I make it work with what I do? If not, then I need to find another job or something else to do. That's just how conditions are today. If you look at Nuuk and want to go out into nature—unless you have your own boat—you have to pay to get out there.

**U:** How is it for you to be out in nature?

**H:** It's healthy. I feel healthy when I'm in nature—when I leave nature. It's relaxing to be able to go out. You feel peace and calm. To be able to be yourself, not controlled by time, and be your own boss. In the cities, we are ruled by time: you must show up at work at a certain time, lunch break at a certain time, end of day at a certain time. In nature, you decide for yourself, without limitations.

**U:** How is it for you when you're in the city? What kind of feelings do you experience?

**H:** You can feel lonely, but you get used to it.

**U:** Are there any activities you enjoy doing?

**H:** I like going down to Katuaq to drink coffee. When there are events, I might go

there. If I need to do something, I go to the city center. The municipality gives pensioners a free bus pass so we can ride for free. That opens up more opportunities—just being able to go out.

**U:** Looking at the Nuussuaq area, how is it for you to live here?

**H:** Nuussuaq is Nuussuaq—I've lived here for many years. I've gotten used to it. But there aren't many opportunities unless you actively seek them out yourself. There used to be something called *Illorput*, where anyone could just show up. More things used to happen before the municipalities were merged into just four. When Nuuk was its own municipality, there were more options in the area. Nuussuaq is a large area, so there are many children, and they don't have many options here. There's a kindergarten right outside, and what I see is that kids jump over the fence and play there, climb on the roof, etc., because they don't have other options. We'd like to have more opportunities here so that people don't have to take the bus into town—especially since there are so many of us here.

**U:** If you were to design your own home, what would it be like?

**H:** Something that's easy to live in, to begin with. You hear about new buildings having mold, so it needs to be something suited for the climate. A home you want to take care of, and something that lasts a long time.

**Interview End**

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## Interview m. Cecilie Eugenius

**U: Ulloriaq Kristian Lennert**

**C: Cecilie Eugenius**

**U:** Can you start by introducing yourself?

**C:** My name is Cecilie Eugenius, and I'm 78 years old. I worked in the healthcare system for nearly 50 years. I've worked in almost all of Greenland and have moved around a lot. For the past 35 years, I lived in Sisimiut. When I retired, I moved to Nuuk.

**U:** Do you have children and grandchildren?

**C:** I have two children, four grandchildren, and two great-grandchildren.

**U:** Do you live alone, and how many rooms does your apartment have?

**C:** Yes, I live alone, and the apartment has one bedroom.

**U:** What do you use your home for, and what is important to you when it comes to your home?

**C:** For me, it's important that home is a place where you can relax, and it's always been that way. My home is very important to me, and it has to be peaceful.

**U:** What do you like about your home?

**C:** It's quiet in the area. Even though Nuuk is a big city, it's very quiet here, and I like that.

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**U:** What could be better?

**C:** The apartment could be much better. It's very clear that the building is very old. It's also very drafty—you can feel the cold from the windows, walls, and floor. It's poorly built, and even when you complain, it feels like no one listens.

**U:** Who owns the building?

**C:** Iserit (a housing company owned by Kommuneqarfik Sermersooq).

**U:** What is your daily routine?

**C:** When you get older, the days go by quickly. There's a place I go to—an association for elderly people with arthritis, where we exercise together. I go there twice a week, and there's always something to do.

**U:** Is that association here in Nuussuaq or in the city center?

**C:** It's in the city center.

**U:** Where did you grow up?

**C:** I grew up in South Greenland. My father was a catechist, so we moved around a lot. I was born near Paamiut, and when we moved back after ten years, I finished my training at the hospital.

**U:** What was it like growing up back then?

**C:** Overall, it was very nice, but of course there were downsides. Just as you were getting to know people, we had to move again because of my father's job as a catechist.

**U:** What were the living conditions like back then?

**C:** We lived in houses, and they weren't built very well either. That wasn't always the case, but as a catechist, you usually got a house, though they were always small.

**U:** Were they self-built houses?

**C:** The last house we moved into was self-built. The first thing you noticed about the small house was how poorly built it was.

**U:** Were people closer to each other socially back then?

**C:** Yes, definitely.

**U:** Compared to today?

**C:** *[Laughs]*

**U:** How did people spend time together back then?

**C:** People were always together. As we siblings grew in number, there were more and more gatherings.

**U:** As you mentioned, your father was a catechist. What did your mother do?

**C:** My mother was a homemaker. She took care of all of us kids. My father was also a hunter with his own kayak while being a catechist. So my mother handled the catch he brought home, while also looking after us.

**U:** Since your father was also a hunter, you must have spent a lot of time in nature.

**C:** Absolutely. When we finished school, we always went out into nature.

**U:** How did that shape your understanding of nature and its importance?

**C:** Nature is very important and always has been. I basically grew up in nature.

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**U:** How often did you go out into nature back then?

**C:** We were constantly out in nature. The village was so small that as soon as you stepped outside, you were in nature. There wasn't really anything else to do besides being in nature.

**U:** Compared to today, now that you live in Nuuk, what is your relationship with nature like?

**C:** Here in the city, it's very lonely. Especially in recent years, now that I'm retired. Even though there are many people here, I don't have much family nearby, so sometimes I miss having visitors. It's also very clear that people are always busy. Unless you go out and take part in something yourself, you won't spend time with others.

**U:** So nothing happens where you live?

**C:** No, nothing really happens here, and I don't know the people who live around me either.

**U:** Why do you think that is?

**C:** People are very busy these days. They have to work, and after work, they have things they need to take care of. People just aren't together like before.

**U:** How do you gather with the people you know?

**C:** There are two associations—one for people with arthritis and one for elderly people—where we, among other things, do sports twice a week. I don't go much to the sports one in the winter. I mostly go to the arthritis association on Mondays. It's about being able to talk about things with others—we always have something to talk about. At the arthritis association, we mostly chat, and at the other one, we compete with each other.

**U:** If we just go back for a moment—what did “home” mean when you were young?

**C:** Home was a place to rest and relax. With my father as a catechist and hunter, there were always people visiting our home. If we weren't out delivering the catch, people would regularly come by and eat with us. We never lacked guests.

**U:** Did you go out hunting too?

**C:** Yes, we did, but it depended on the season and what kind of catch it was.

**U:** Has the understanding of and use of nature changed since then?

**C:** We always went to a place not too far away. Today, especially here in Nuuk, nature isn't as accessible. There's not much nearby nature you can just walk to or sail to. I miss nature.

**U:** Do you usually go out during the summer?

**C:** My daughter who lives here has a boat with her family. I usually go with them in the summer when they visit their cabin, though it doesn't happen often because it's far away. I'm also not very good at walking long distances anymore.

**U:** What feelings do you get when you're in nature?

**C:** Joy. You could call nature a kind of medicine. Just looking at nature brings great joy—freedom and silence.

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**U:** Considering Greenlandic culture and traditions, would you say the way we live today reflects that culture?

**C:** If you look at this apartment, it's way too small for something like a *kaffemik*. And it's way too cold in winter.

**U:** What's your opinion on using local building materials?

**C:** There's actually a house in South Greenland that was built using Greenlandic brick.

**U:** If you were to build your own home, what would be most important to you?

**C:** That it's warm and well-insulated. When you live in a country with harsh weather, it has to be warm and not have summer-house style windows. The windows in my home are like the kind you'd use in summer cottages in a warmer climate. The building is drafty. I would also build a larger home. Even if you live alone, it's important to have plenty of space.

**U:** Could you imagine an alternative way of living if it meant bringing people closer together?

**C:** If it means living with other people—no. But if you're talking about, for example, a community for the elderly, then yes—they've built something like that in Sisimiut. Elderly people live together in a housing area, and here in Nuuk, we don't have that. People think too little about the elderly here in Nuuk. Nuuk is behind compared to Sisimiut in terms of providing space and opportunities for them.

**Interview End**

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## Interview med Naja Hansen – 28/02-2025 Nuussuaq 33 kl. 11:29

U: Ulloriaq Lennert

N: Naja Hansen

\*Interview start\*

U: Can you start by introducing yourself?

N: My name is Naja Hansen, I am from North Greenland and moved to Nuuk in 2019. After 20 years in Northern Greenland, I moved to Nuuk.

U: What do you do in your everyday life? What is your occupation?

N: I am educated as a nursery worker and have been a nursery worker for 40 years.

U: How many rooms does your apartment have?

N: One bedroom.

U: What do you like about your apartment, and what do you not like so much?

N: When I first moved here it was difficult to get used to living in a block with other people. There are no building blocks in Qaanaaq, everyone lives in a single-family house. It was so strange to me that there were other people.

U: What are the most important things about your home? What do you use it for?

N: I work long hours, day and night. I work in a children's home (orphanage). So, I use the time that I have outside of work to rest at home. So, it is important for me that the place I go home to is one where I can rest and take it easy. My life right now is home – work.

U: You work long hours, can you describe your daily routine? How does a day in your life look like?

N: It is important for me that I take care of myself. I get up early in the morning, and right now I'm really invested in the Norwegian traveler who goes around different places in the world, so I watch him in the morning while drinking my tea. I watch a lot of sled dogs; I have since I was a child sled a lot and so it is one of my interests. I watch those until I go to work. After work I go home. You could say that my life is monotonous right now. I go to work, I go home. I have two grandchildren in Nuuk along with my three daughters. I don't see them as much as I would love to, but it is hard when I have night shifts. So, it is important after a night shift that I can relax and rest. It is only when I feel like I have the strength that I can be with my grandchildren. It is rare because of my work.

U: How do you spend time with your grandchildren? Do you invite them here?

N: I invite them for dinner. It is a tradition that when I invite my family it is for dinner. Right now, it is rare because I work so much. When I have time, I invite them over for dinner.

U: What do you think about your apartment when you have visits like that? Is it big enough?

N: The apartment is an employee housing, and when I first moved here, I thought it was small. When we were in Qaanaaq, we had a two-bedroom house. It was strange because it was smaller, and there were other people living in the same building. I had this feeling like "what do I do?" It took a long time for me to get used to it, the view and that it was not that spacious.

U: You say you are from Qaanaaq, and that you grew up there. How was it?

N: I grew up in a settlement. Everyone was close to each other, and we weren't many of us. My father was a hunter, so we went out dog sledding a lot. We went dog sledding all my childhood.

U: Can you describe your home in Qaanaaq?

N: We lived in a self-built home. Back then people built their own homes. The house that I grew up in was built by my father. When I started to go further south for boarding school and education, I saw how hard and bad the conditions were in Qaanaaq. I get home sick still but living in Qaanaaq is very expensive. It is much cheaper here in Nuuk.

U: How were the living conditions in Qaanaaq? Which emotions come up when you think about Qaanaaq?

N: When I was a teenager, we were sent to Aasiaat to go on a boarding school. Since then, I started to quite often move away from my land (Qaanaaq). I also went to school in Nuuk. I got used to all the moving. Of course, I get home sick from time to time. I really miss the food; I really miss the abundance of "kalaalimernit" (Greenlandic food). Growing up in a hunting family we ate lots of Greenlandic food, and moving to Nuuk makes you miss them.

U: Can you compare the communities between Qaanaaq and Nuuk?

N: In Qaanaaq, everyone knows each other. I love that about it. Everyone says hi, everyone is close to each other. In the south, there are many more people, so no one even greets each other. It was strange at first. Here, we have to work every single day, and so you don't have much time for family. Being together and those connections are far.

U: What did home mean in Qaanaaq when you were young?

N: Growing up, mothers had no jobs, they were wives to hunters. And so, our mothers had lots of time for us children. Mothers were always with us and spent time with us, we were close. The conditions today mean that you have to work every day, no one is really home. Those are the biggest differences compared to our childhood. Our mother always had time for us, feed us, wash clothes, etc. The conditions are very different today.

U: Having grown up so close to nature, what does nature mean to you?

N: We spent a lot of time in nature growing up. We went by dog sleds, and in the summer prepared our winter provisions. We had to go hunt if we wanted to have something to eat. In the cities it is a lot rarer that you go to nature. In the north it is much easier, where you can go by dog sleds. I live alone here, and it is not easy to go to nature. Everyone knowing each other makes it so much easier to travel together to nature in Qaanaaq. You can't do that here in Nuuk.

U: How important is nature to you?

N: I really love being in nature. When we leave the city to go to nature, it feels like I can be really happy, and my body can relax. In the city, we have to always think about when the bus is leaving, the time controls us here. In nature, you are really happy, you can listen to yourself and your body. You don't hear cars drive by, you don't hear footsteps from your neighbors. You truly relax in nature.

U: Where do you feel most at home? Nature or your apartment

N: In my apartment. We are only in nature one week at a time.

U: Do you think that today's way of living reflects the Greenlandic culture and identity?

N: Of course, we are always evolving and developing, and you can see that the younger generations leave the country to go study. I am happy with living in Nuuk, but I can really miss nature. You can see [points at here pictures of Qaanaaq and nature]

how important nature is to me. My body is at ease and can relax and I can't do without it.

U: If you were to design your own home, what would be the most important things?

N: Looking at this apartment, it can be claustrophobic as it is small. If I were to design my own home, it would be bigger and have a larger plan area. The apartment has a balcony, but it is really small. I can't even have a chair out there where I can relax in the summer. There must be a focus on the human in the building.

U: What is your opinion if local materials are to be used, and what do you think that could be?

N: In the 80's there was a man who built a house in Narsaq. He made use of clay. I saw that house when I was in Narsaq last summer. His last name is Knudsen, and he used the local clay to make that house. I really like that house. These building materials that are used today are prone to get mold. I can recommend the use of local materials. Our country can be very harsh with harsh winds, snow gets in the construction and mold starts to grow in the wooden construction. There are lots of new buildings with mold. My daughter lives in Qinngorput (in Nuuk) in a new building and it has already started to wear down. Even ventilation can't be used. It is like they [buildings] are not suited for our land. I can recommend to look into the house in Narsaq, and there have been discussions about that house and I always say that they need to protect that house.

U: Can you imagine a different way of living if it meant that the houses are more suitable for the Greenlandic people.

N: Yes, I can. I am in for housing that suits us more. We have harsh weather and building materials are prone to get mold. Many people live in homes with mold. There are good things about the houses today but a lot of them are not suitable and usually have lots of faults.

U: Do you have any last comments?

N: Before I moved in, an old man lived here. I moved in with faults, and the walls were yellow and unwashed. At some point, the ceiling started to turn yellow, and it turned out there was water damage in the apartment above. It got so bad that I couldn't be in my own home. Another thing is that there is no vent hood. Whenever I cook food, I have to open the windows to let steam out. It is not healthy that every time I cook, I have to open windows not to have steam in the apartment.

\*Interview slut\*

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## Interview med Regine Dorph Heilmann

**U: Ulloriaq Lennert**

**R: Regine**

**Interview Start**

**U:** Can you start by introducing yourself?

**R:** My name is Regine Dorph Heilmann. I was born in a village in South Greenland. I'm a widow—my husband died in 2019. I don't have children because I chose not to have any. As long as I have pets, I'm happy. I live with my dog in this 93-square-meter cooperative apartment. I've lived here since 1993, when they were new.

**U:** How many bedrooms does the house have?

**R:** Three.

**U:** What do you use your home for, and what is important for you to have in your home?

**R:** I'm a creative person—I do a lot of crafts. It's important to me that it's spacious and open. I make good use of that when I'm crafting. It's also important that the room where I sleep is spacious and has a high ceiling. I like everything about my home, although I would like a table in the kitchen. Having enough space in the kitchen is important. I'm also really happy about how bright the house is. Now that I'm older, I do wish the house were all on one level so I wouldn't have to go up stairs.

**U:** How is it in terms of the cold?

**R:** I grew up in a village where the housing conditions were very different. So this is nothing compared to how it used to be. I don't understand people complaining about the cold. I don't like it when it's too warm. I like sleeping in a cooler room.

**U:** What kind of home did you live in when growing up?

**R:** We lived in a house, a wooden house. My father was a trading post manager/village leader, so he was provided housing. My father wasn't creative at all, which is funny since I am. That must have come from my mother.

**U:** Which village did you grow up in?

**R:** Aappilattoq for the first four years, then Alluitsup Paa for eight years, and finally here in Nuuk.

**U:** What was it like growing up in a village?

**R:** It was really nice. There wasn't any kindergarten, so we kids looked after ourselves. There was always some kind of gathering. The only rule from my parents was that we had to be home and ready to eat at mealtime—and of course bedtime. They were strict about when we had to be home. It was a very Danish way of parenting at the time. My father had a Danish grandfather, and that way of raising children probably came from him.

**U:** When you compare it to today, do you think things have changed since back then?

**R:** For me personally, not so much. My siblings have many children, so there's always something going on. I hear about elderly people feeling lonely. With the way society is developing and changing, some older people do feel lonely.

**U:** What did your home mean to you growing up?

**R:** It meant a lot. My siblings and I were always there to help each other. I'm the youngest and came along a bit later, so my siblings always kept a close eye on me. They really took care of me.

**U:** What does your home mean to you today?

**R:** It means a lot. When I run errands in town *sigh* and come home, it's really lovely.

It's very important to keep a clean home—especially the floor—because *points at the dog* he always walks around barefoot.

**U:** Can you tell me a bit about your routine, without going into too much detail?

**R:** Sure. I like to get up early—although these days I get up quite late. I eat some breakfast, then later lunch, and I also go for long walks with the dog three times a day. Being outdoors and walking is very important to me. I see it as exercise. Eating properly is important to me, so I cook every single day. I make everything myself. It's been about a year since I decided to stop eating pork. I've reduced my meat intake and eat more fish.

**U:** You mentioned that you do crafts, and I see many artworks on your wall. Could you comment on that?

**R:** I do crafts every single day. I also have many things I've inherited. It's important to me to look at my photos every day—photos of my family, ancestors, and parents.

**U:** When you're with your loved ones—family and/or friends—how do you spend time together?

**R:** I love cooking, so when I invite people over, I cook a lot. We have a good time, talk, and discuss things. My father was politically inclined, and I probably inherited that from him, so we usually talk about political topics. How are things today? How do we move forward? That's important to me. I have nieces and nephews, and it's important for me to encourage them to get an education. I'm a goal-oriented person, and the expectations I have for my family probably come from the high expectations I have for myself. When I have family over, it's important to invite everyone—young and old.

**U:** Let's switch to the topic of nature—what does it mean to you?

**R:** It's very important to me. The person who will inherit from me has a boat and a cabin, and they often take me along on weekend trips. I'm very happy about that. You feel peace and joy in nature. When I'm in nature, I take advantage of it and collect plants and flowers that I can use in my food or tea. I collect enough for the whole year.

**U:** How do you feel about living in a city like Nuuk?

**R:** I'm really, really happy living in a big city. I don't like missing out on things. You can find everything here. I'm happy about all the opportunities—I'm a member of some associations, and I might go out and see a movie. Having those options is important to me.

**U:** You mentioned being a member of associations. Can you tell me a bit more about them and how important they are to you?

**R:** I'm a member of associations for elderly people and for those with arthritis. I have arthritis, and in that association I get various information and we have discussions. I don't go as much to the elderly association anymore. I'm also a member of the parish council in the national church. That comes from my desire to contribute and help out.

**U:** Some of the people we've spoken to feel that people today are too busy. What's your opinion on that? Are people too busy nowadays?

**R:** I understand why. People have to work—they're working for our country, and that's how it should be. It's about seeking out opportunities yourself if you want to do something. We have many options these days, with our phones, Messenger, and so on.

**U:** Do you think the way we live today fits with our culture and traditions?

**R:** Yes, I think so. When it comes to *kaffemik*, I'm really happy that over the last 20 years food has become part of it—before it was only cake and coffee. I use *kaffemik* as an opportunity to talk and meet with people. That's important to me. Someone visits every week. We talk about how people are doing, how the country is doing, and so on. "This person did this, young people are like this, they behave that way," etc. You talk about all sorts of things at *kaffemik*—it's so fun and it makes me happy.

**U:** In Greenland, people tend to have a lot of furniture and items. Do you have enough space at home?

**R:** I've inherited a lot of things. My parents were from 1910 and my grandparents from the 1800s. People say to me, "Regine, you should have this," and I can't say no. I've inherited so many things. Sometimes I get tired of having so many things—just having to clean them. But I also really love them. When people come in, they usually say it feels like stepping into their grandparents' home. It's almost like a museum. I have a storage shed and a basement, so there's enough space.

**U:** I'd like to hear your thoughts on using local building materials.

**R:** It would be appropriate to use local materials. There's stone, for example, but I think the question would be how you heat a house built from stone. It could very well be that you'd need a lot of energy to heat it. Of course we'd like to use local materials. Importing everything is so expensive.

**U:** If you could decide how homes should be designed, what would they look like?

**R:** It depends on the country. I'm fine with high-rise buildings because many people move to the cities. Here in Nuussuaq, and in these row houses, there are things I miss. We elderly are increasing in number, and it would be nice to have housing adapted for the elderly—for those of us who have more trouble getting around. You could wish for some blocks—they don't need to be tall.

**U:** In Sisimiut, there are housing areas just for the elderly—those who can take care of themselves—and they spend their days together doing things. Would something like that be attractive?

**R:** Yes, that could be nice. I can't see myself in a care home when I can take care of myself. I would rather live in areas where you can get together and so on. It gives the opportunity to help one another with things. We Greenlanders are happy to help and elderly living together could help each other. It can also be mixed with elderly and younger people. This is something we need here in Nuuk.

## Interview with Gerda, Nurse

Interviewer (U): Can you introduce yourself?

Gerda (G): My name is Gerda. I work at Sana (Hospital) as a healthcare assistant. We've lived here for almost 9 years now. I have four children, three of them live here. The oldest is studying in Denmark.

U: How many rooms does your apartment have?

G: Four rooms.

U: What do you use your home for? And what is important to you in your home?

G: Go to work, come home, cook. That's basically what our weekdays look like. We don't have many guests. It's important for us that the home is peaceful.

U: What's good about Nuussuaq, and what could be better?

G: Nuussuaq is peaceful, this area. There's not much traffic. My son can just play outside nearby without cars. That's the good part. It's only the area around Akiki that I don't like. People in this area are very calm.

U: Where did you grow up?

G: In Ammassivik, a small village in South Greenland.

U: What was it like back then?

G: Back then, we lived in our own house with a garden. We were self-sufficient. My father built the house himself, and we took good care of it. About 100 people lived in the village. When I had to attend 10th grade, I moved to Nanortalik.

U: What was the sense of community like back then?

G: It was really good. In Nanortalik, they were really good at that. It was a lot of fun.

U: What was it like being self-sufficient back then?

G: My father was a fisherman and hunter. After I moved out, I realized that traditional Greenlandic food is really expensive. Back then, as kids, we could just take what we needed. We hardly ate anything that wasn't Greenlandic food. We got our potatoes from our own garden—beets, salads, etc. We spent a lot of time in nature. Every summer, during the holidays, we were out in nature. We fished salmon and other fish, dried them, and prepared for winter.

U: How is it in Nuuk?

G: I miss going out sailing. I'm only in nature when I go hiking in the mountains. In spring, I go out and gather plants and berries. When I get fish, I put them in the freezer, and when it gets cold outside, I frost-dry them outside.

U: What feelings do you get when you're in nature?

G: When I go up into the mountains, it's like I find an inner peace. The mountains give a very strong energy that's hard to describe. When I go out tired, I come back stronger. Everything is quiet and beautiful. There are birds and animals. The colors of nature... it's hard to describe, but it gives you strength.

U: How is it in the city?

G: I've lived in the city for 20 years, so I'm used to it. The fact that this area is quiet helps. We have a good view when the sun comes out and sets. It's very beautiful.

U: How is the sense of community here? How do you spend time together?

G: I mostly spend time with my family, especially during events or celebrations. We usually gather—my siblings, our parents—during celebrations. Thankfully, my parents live here now.

U: Where do you usually gather? Here?

G: We usually do it at my older sister's place. There's more space there. There's no room for that here in the apartment. We don't really socialize much outside the family.

U: If you compare society from your childhood to today, how would you describe it?

G: Everything was much quieter and more peaceful back then. As kids, in the village, it was very quiet. Today, time is what rules everything. It controls a lot. It's not that we are very stressed, but it's clear that time controls us—especially when you live in Nuussuaq and have to take the bus.

U: Is there anything about the way you live, in this apartment, that you feel could be improved to better suit your culture?

G: This apartment feels almost antique. It's old. It's hard to adapt it to today's needs. We can't have a dishwasher; there's only space for a small freezer and fridge. There's so little space that the coffee machine fell and broke. You can really feel that the apartment is old, even though the previous tenant renovated it.

U: Thinking about children and their opportunities, for example playgrounds—how is that?

G: There are no playgrounds in the area. There used to be a sandbox outside. That's only by the kindergarten. But because there's not much traffic around here, children can still play outside.

U: Are there any institutions or activities your children attend?

G: My son just stopped going to after-school care, so they either go home to friends or go to the swimming pool. Other activities are far away, so my son doesn't really go to them. There's nothing in Nuussuaq for kids to go to after school, except for the Nuussuaq primary school's after-school club.

U: Are there other leisure opportunities you can think of—something for the family to do?

G: There's Illorput, but I don't know what happens there. There are no opportunities in Nuussuaq, except for the swimming pool, which my son uses often.

U: If you were to build your own home for you and your family, what would be most important to include?

G: Newer housing, with better ventilation. It needs to be warmer and better insulated, because this apartment is not warm at all. The walls are thin, and the windows were just replaced.

U: If more activities were offered in the area, what would you wish for?

G: More opportunities for children and youth. Then maybe fewer young people would get involved in crime. There are many opportunities in Nuuk, but when you live in

Nuussuaq, everything is far away, so there aren't that many options. What I wish for is more opportunities for kids and youth.

U: What is your opinion about using local materials in construction and buildings?

G: There was Sikublock. I regret that the production stopped. It was something made here in Greenland, with local materials, so it's a shame it ended. I would like to have a house built with that.